

PRODUCT INFORMATION

Two tablet typically provide:		%RDA*
Magnesium	100mg	26
*RDA = Recommended Daily Allowance		

INGREDIENTS: Proprietary mixture: magnesium chloride with enzyme digested *Saccharomyces cerevisiae* (with soya); bulking agent: microcrystalline cellulose; anti-caking agents: magnesium stearate*, silicon dioxide; coating: methylcellulose, glycerine, natural vanilla flavour (agave syrup; flavour: vanilla extract; colour: caramel).*(vegetarian source)

DOES NOT CONTAIN: salt, starch, wheat, gluten, maize, corn, lactose, dairy products, artificial preservatives, colours or flavourings.

TRUE FOOD® MAGNESIUM also contains B vitamins, betaglutamins, glutathione, choline, inositol, amino acids and other phytonutrients naturally found in fermented food cultures of *Saccharomyces cerevisiae* (food yeast). *Saccharomyces cerevisiae* is grown in a non GM soya-based medium. The yeast cell walls are gently pre-digested and broken down with pineapple enzymes to release the nutrients within each cell.

Yeasts take in nutrients rather than consuming them so are valued sources for nutrients.

Suitable for vegetarians and vegans.

This product is not tested on animals.

HIGHER NATURE®

TRUE FOOD MAGNESIUM

plus a full spectrum
of food-based nutrients

180 tablets
VEGAN
FOOD SUPPLEMENT

MAGNESIUM 180 tablets

DIRECTIONS: Take 2-3 tablets (children over 8 years, 1-2 tablets) a day, with or between meals, or as your health professional advises. Do not exceed recommended daily intake. A **TRUE FOOD® SUPERNUTRITION PLUS** multivitamin supplement is also recommended.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

As a guide one 50mg tablet is comparable in effect to 200mg of standard isolated magnesium supplements.

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TFM-108-05

Keep out of reach of children. Ensure lid is tight and store in a cool, dry, steam-free environment as damp conditions can affect the product quality.



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